

The Weekly Memo



2016-2017, Issue 40 - 7/10-7/24, 2017 - Editors: Valerie Blade & Linda Bettis



"Pajama Day Fun" on a Make Up Snow Day, at EHS-West Medford

A big "Thank you" to Teacher Jeannie Mentzer, for sharing the fun by submitting this picture for the **Weekly Memo**!



Welcome to **Jodi Droesch** our new Dis/MH Manager. Jody has been promoted from her position as an ED/Area Manager.

Submitted by Dr. Michelle Homer-Anderson

Mission Statement

Southern Oregon Head Start prepares children and their families for success in school and throughout life.

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Meetings and Trainings

July 24—Monday

- HS Health Round-Up, Eagle Point Community Bible Church, 8-5
- Fiscal Team, Fiscal Office, 9:30-10

July 25—Tuesday

- Open Enrollment Workshops: 9-11 or 2-4 (Scheduled by Staff)

July 26—Wednesday

- HS Health Round Up, Central High School, 8-4
- Directors, Admin., 12:30-3:30

July 27—Thursday

- HS Health Round Up, Cascade Bingo, 8-5
- EHS Team ED, Blue Bldg Conf Rm, 9-11
- Shine Assistant Meeting, Admin., 10-12
- Open Enrollment Workshop, Redwood Center, 8-5
- HS Smarts, Library, 11-2
- EHS Managers Meeting, Blue Bldg Conf Rm, 12:30-4:00

July 28—Friday

- Health Dept. Meeting, Blue Bldg Conf Rm, 10-11:30

July 31—Monday

- Fiscal Team Meeting, Fiscal Office, 9:30-10
- Round Up Planning, Library, 10-12

August 1—Tuesday

- Health Dept. Planning, Admin., 10-12
- PC Exec. Committee, Admin., 5-6

August 2—Wednesday

- Health Dept. Mtg., Library, 1-2:30
- Directors, Admin., 1:30-3:30



Weekly Memo Submission Deadline is Friday at noon.

Please send your articles, pictures (love those pictures!) and news items to Linda Bettis/Valerie Blade.

Electric Big Chief Smoker (Used about 10 times) with two full bags of chips and two half bags of chips. \$35.00

Kathy Stassi, PHR, SHRM-CP
Human Resources Director

FREE
Classified
Ads

Important Note to Staff:

During the Summer months, the Weekly Memo may be issued every other week or so, unless there is time sensitive information.

Home For Rent:

3 bedroom; 2 bath; 1500 square feet

South West Medford

Available in September

Contact Delores at 541-941-4912

FREE
Classified
Ads

Annual Assignment letters
have been mailed to Staff.



Welcome Upstairs Emily!!!

Emily Chandler-Perez has accepted the position of Community Health Worker!

Emily has been working as an SAA for the Agency for a little over a year, and has worked closely with the Health Team

previously, and most recently has worked as the Disability/Mental Health SAA.

We are excited to have her as a part of the Health Team!

Submitted by: Sarah Forga, Health Services Director



“Why Our Screens Make Us Less Happy “by Psychologist Adam Alter

“So, in 2010, Steve Jobs, when he was releasing the iPad, described the iPad as a device that was extraordinary.” “The best browsing experience you’ve ever had; way better than a laptop, way better than a smartphone. It’s an incredible experience.” A couple of months later, he was approached by a journalist from the New York Times, and they had a long phone call. At the end of the call, the journalist threw in a question that seemed like a sort of softball. He said to him, “Your kids must love the iPad.” There’s an obvious answer to this, but what Jobs said really staggered the journalist. He was very surprised, because he said, “They haven’t used it. We limit how much technology our kids use at home.”” (See the entire video (9:29 min.) & transcript at www.ted.com)



Submitted by Valerie Blade, Operations Director



The Main Office Fire Alarm malfunctioned causing the Fire Department responders to come and make sure we were safe.

Our Fire Wardens did a great job too!



**Thank you to
Shallena
Miller for
sharing these
pictures.**



Take the doctor with you, just in case.

Summertime is full of vacations, outdoor events, and fun in the sun! You and your family don't have time to press pause on the fun and thankfully WellVia ensures you don't have to. Simply grab your phone and speak to a doctor in minutes - giving you more time to enjoy every moment.



There for you, even on the go.

Before you head out the door, be sure to register your account and download the app so you won't have to spend time waiting to see a doctor in the ER or Urgent Care Center. **Download our iPhone App in the Apple Store to request a consult today!**



Reminder

WellVia App can be used for the below, just like calling or visiting the WellVia website, at the convenience of your fingertips.

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- Speak with a Patient Care team member
- Update your Medical Record
- Add or edit your dependents
- Update your profile and notifications
- Learn about prescriptions

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Patient Care Center: (855) WELLVIA





Bad at remembering to take care of yourself? **These 25 tips can make it almost automatic.**

Most of us want to take good care of ourselves, and we know that good, preventive self-care routines are the best way to do that. But it can also be overwhelming, stressful, and time-consuming to try to remember all the things that we're supposed to do. Have you had enough water? Did you take a minute to meditate? Shouldn't you get up and take a walk? When's the last time you ate? Or slept eight hours? How long have you been sitting at your desk? Knowing that you haven't done any of these acts of self-care can feel super stressful — exactly the opposite of the effect self-care is supposed to have.

The last thing you need is to stress about how to care for yourself. But when you have a busy schedule, it's tough to stay accountable to yourself too, and so it's easy to let your own well-being — and health — slide. And that is when health problems — brought on by stress, poor eating habits, lack of exercise or something else — can develop. **Luckily, there are lots of hacks out there to help automate taking care of yourself.** They help take the stress out of, well, de-stressing by helping you build a healthy self-care routine and making it a habit that's easier to stick to. **Here are just a few ideas and apps that can help automatically make self-care a priority — whether you have two minutes or two hours:**

- 1. Do nothing for two minutes (while listening to some soothing waves).**
- 2. Or try this quiet place if waves aren't your thing.** Just a few minutes of quieting your mind can help relieve your stress and regroup your thoughts.
- 3. Listen to this comforting rain noise or create your own calming noise.**
- 4. Pot some succulents on your phone.**
- 5. Weave colorful silk on the screen at this website.**
- 6. Get up and take a walk outside.** A 2016 study showed that even a small dose of nature, such as a simple walk down a tree-lined city street, can reduce stress. So once a day, if you can, try to carve out a small amount of time to get outside and see some trees or grass — even if it's doing a small walk around the block, spending five minutes in a park, or parking down the street from work so you can walk by some trees for a few minutes.
- 7. With the help of an app, remember to stay hydrated.**
 We all know that we're *supposed* to drink water, but remembering isn't always that easy. Apps like iDrated, Waterlogged, and Eight Glasses a Day — most of which are free — can help.
- 8. And check out WeTap to find the closest water fountain or fill-up station.**
- 9. Keep forgetting to take lunch? Temple and Time4Lunch can help with that.**
- 10. Challenge yourself to make your lunch the evening before.** That way you won't have to take the time to make it or buy it when it feels like you just don't have the time or energy.
- 11. Track your sleep cycle with a fitness tracker gadget like FitBit or Jawbone or a phone app like Sleepbot.** It's one step toward building better sleep habits.
- 12. Try out the iPhone's Bedtime function.** It's located within the alarm clock app, and it will not only wake you up and track your sleeping patterns, but it will also gently remind you when you should start heading to bed to get a good night's sleep.

13. Schedule some "do not disturb" time so you can focus on yourself without distractions. For example, [Offtime](#) helps you schedule "do not disturb" times when you just need to focus or take a break or when you're getting ready for bed.

14. Check in with [this calming manatee](#). (He really *does* help!) [calmingmanatee.com](#)

15. Look at some photos and videos of cute fluffy animals online.

Research suggests that looking at [images of baby animals not only can make you happy](#) (because, *awwww!*) but also boost your productivity and focus.

16. Snuggle a shelter pet. Studies have shown that [petting dogs can help lower blood pressure and reduce stress, anxiety, and loneliness](#). If you don't have your own dog (or even if you do!), you can help out at your local shelter (and get lots of snuggle time). And you'll be helping those animals get some love and attention too, which they need while they wait for their forever home.

17. Check out instructional and motivational videos. The Coach by Cigna™ app can help you reach your stress, health, and sleep goals with over 300 instructional and motivational videos — and you don't have to be a Cigna customer to use it. Or check out Happify, a program designed to help you improve your emotional well-being by taking control of your feelings and thoughts through games.

18. Journal every day, and stay on track with apps like DayOne. Journaling has been shown to have a positive impact on our physical and emotional well-being. Writing in this phone journal is secure and as easy to do as texting on the go. Plus, it will even remind you when it's been awhile since you last wrote.

19. Keep track of what's bothering you with apps like Worry Watch. This app works like an anxiety journal, letting you write down what's bothering you as a first step toward letting that concern go.

20. Go see your doctor and get your four health numbers — blood pressure, cholesterol, blood sugar and body mass index (BMI) — checked. That way you won't have to worry unnecessarily about your health — and you can get help if there is a problem.

21. Let go of bad or intrusive thoughts with games like Good Blocks.

22. Meditate for five minutes — even that's enough to help shave some of that stress off your day. Apps like [Headspace](#) or [Calm](#) make meditation simpler (especially if you've never meditated before) by guiding you through it.

23. Practice some [office yoga](#) if you don't have the time to step away from your desk.

24. Volunteer. Research has shown that [volunteering and helping others](#) is good for your physical and mental health.

25. Make a habit list. [Habit List](#) is a one-stop shop to help you develop your own self-care routine. It will help you set goals for yourself — like meditate more or remember to eat lunch — and help you break bad habits. And the best part is that it's completely customizable.

Of course, self-care is by its very nature personal — so no one thing will work for everyone. The important thing is to figure out what pro-active steps you want to take to get a better handle on your health and well-being. And, once you've done that, the good news is that there are lots of apps, websites, and tricks to get you started.

Learn more about how to take control of your health at [Cigna.com/TakeControl](#).

Submitted by Nikki Hill, Family Advocate at the Eagle Point Center